

Coping Skills Bingo

Use a stress ball	Arts and Crafts	Let yourself cry	Take a shower	Punch a punching bag
Exercise	Try something new	Sew or crochet	Cooking	Think about happy memories
Use positive self-talk	Dance	FREE	Play cards	Play with a pet
Talk to a friend	Pray or meditate	Start a hobby or project	Listen to music	Read
Deep breathing	Take a time out	Go for a walk	Write in a journal	Go outside

Coping Skills Bingo

Use positive self-talk	Write in a journal	Cooking	Pray or meditate	Exercise
Take a shower	Play with a pet	Let yourself cry	Read	Dance
Play cards	Arts and Crafts	FREE	Listen to music	Start a hobby or project
Go outside	Use a stress ball	Go for a walk	Talk to a friend	Deep breathing
Punch a punching bag	Muscle relaxation	Think about happy memories	Sew or crochet	Try something new

Coping Skills Bingo

Talk to a friend	Listen to music	Use positive self-talk	Go outside	Take a shower
Take a time out	Think about happy memories	Write in a journal	Pray or meditate	Dance
Start a hobby or project	Cooking	FREE	Play cards	Let yourself cry
Muscle relaxation	Punch a punching bag	Deep breathing	Arts and Crafts	Use a stress ball
Try something new	Sew or crochet	Play with a pet	Read	Go for a walk